

Excessive heat is expected through the weekend!

With the expectation of a significant heat event through this weekend, residents of central North Carolina should prepare now for excessive heat conditions. Heat is the number one weather-related killer in the United States, resulting in hundreds of fatalities each year. Here are some heat safety tips that can help you stay safe during the excessive heat this weekend:

- Slow down. Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors, and anyone with health problems should stay in the coolest available place.
- Dress appropriately for the heat. Wear lightweight, light-colored clothing to reflect heat and sunlight.
- Drink plenty of water. Your body needs water to keep cool. Do not drink alcoholic beverages and limit caffeinated beverages.
- During excessive heat periods, spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, go to a library, store, or other location with air conditioning for part of the day.
- Don't get too much sun. Sunburn reduces your body's ability to dissipate heat.
- Children, adults, and pets that are left or remain in parked vehicles are at extreme risk. Each year children die from hyperthermia as a result of being left in parked vehicles. Never leave your child unattended in a vehicle, even with the windows down. Teach children not to play in, on, or around cars. Always lock car doors and trunks, even at home, and keep keys out of children's reach. Always make sure all children have left the car when you reach your destination. Do not leave sleeping infants in the car ever! Finally, make sure your child's safety seat and safety belt buckles aren't too hot before securing your child in a safety restraint system, especially when your car has been parked in the heat.
- Outdoor and agricultural workers can be especially vulnerable to excessive heat. Those working outdoors should drink plenty of fluids, plan for frequent and longer breaks in shaded areas, and look out for your co-workers, particularly those who work alone. A great way to prevent heat illness is to remember three simple words: water, rest, and shade.
- Know the signs and symptoms of heat exhaustion and heat stroke. Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency. If heat stroke is suspected, call 911.
- Be sure to check weather forecasts ahead of time so that you can be better prepared.

For more information about heat safety, please visit <http://weather.gov/raleigh/heat>